

5 A Day Month Recipes

Recipes developed by the Produce for Better Health Foundation. For more recipes and information, please visit www.5aday.org.

Mushroom Brushchetta

1 tablespoon olive oil
1 teaspoon coarsely ground pepper
2 teaspoons hot curry powder
1 ½ pounds button mushrooms, coarsely chopped
1 medium onion, peeled and finely chopped
4 cloves garlic, peeled
2 teaspoons dried leaf oregano, crushed
2 tablespoons Balsamic vinegar
1/3 cup finely chopped parsley
salt and pepper, to taste (optional)
1 loaf or 16 ½ inch thick slices of Italian or French bread
Extra virgin olive oil (optional)

Heat oil, pepper and curry powder in deep skillet over MEDIUM-HIGH heat. Add mushrooms, onion, 2 cloves minced garlic and oregano. Mix well, cover and cook for 2-3 minutes. Remove lid, lower heat and continue to cook, stirring often until mushroom mixture is somewhat dry in texture. Remove from heat and mix in vinegar and chopped parsley. Adjust seasonings. Cool to room temperature. Toast bread until golden. While toast is still warm, rub cut garlic on one side of each slice. If desired, drizzle with olive oil. Place warm brushchetta around mushroom topping and serve immediately. Makes 8 servings (2 slices of bread and 2 tablespoons of topping).

Nutrition Analysis Per Serving: Calories 104; Fat 3g; Calories from Fat 27; % of Calories from Fat 26%; Saturated Fat .5g; Calories from Saturated Fat 5; % of Calories from Saturated Fat 5%; Carbohydrate 16g; Cholesterol 0mg; Fiber 2g; Sodium 120mg.



Grapes and Grains



2 tablespoons olive or other vegetable oil
2 tablespoons lemon juice
1 tablespoon orange juice
2 cups cooked barley (do not overcook)
1 1/2 cups seedless or halved, seeded Chilean grapes
1/2 cup sliced celery
1/4 cup sliced green onions
1/8 teaspoon salt
1/8 teaspoon pepper

In mixing bowl, whisk together oil, lemon and orange juices. Add barley, grapes, celery, and onions, tossing to coat. Season with salt and pepper; chill until serving time. Makes 4 servings.

Nutrition Analysis Per Serving: Calories 246; Total Fat 8g; Calories from Fat 72; % Calories from Fat 29%; Saturated Fat 1g; Calories from Saturated Fat 9; % Calories from Saturated Fat 4%; Carbohydrates 42g; Cholesterol 0mg; Fiber 8g; Sodium 89mg.

California Avocado Sweet Spread

1/5 ripe Genuine California Avocado (1 oz.)
2 1/2 teaspoons orange marmalade
1/8 teaspoon ground ginger
1 slice whole wheat toast

In medium bowl, mash avocado with a fork. Stir in marmalade, then ginger to taste. Spread on toast and serve. Makes 1 serving.

Nutrition Analysis Per Serving: Calories 182; Total Fat 6g; Calories from Fat 54; % Calories from Fat 29%; Saturated Fat 1g; Calories from Saturated Fat 9; % Calories from Fat 5%; Carbohydrates 28g; Cholesterol 0mg; Fiber 3g; Sodium 173mg.





Baked Apples with Cranberries

4 red, firm fleshed medium apples
1 cup fresh or dried cranberries
1/3 cup pure maple syrup
1/4 cup brown sugar, packed
2 teaspoons unsalted butter
1/2 teaspoon ground cinnamon
Cream (optional)

Pre-heat oven to 375F. Partially core apples, starting at the stem end, removing all the seeded core, leaving bottom intact. Peel each of the apples, leaving at least 1/4 of the peel on the bottom of the apple. Place in a shallow oil-sprayed baking dish. Fill each apple with cranberries and scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top with 1/2

teaspoon butter and a sprinkling of cinnamon. Bake, basting occasionally, for 35-45 minutes, or until apples are tender and soft. Remove and allow to cool briefly. To serve, place each apple in a serving dish, spoon on syrup from the baking dish and serve warm with cream, if desired. Makes 4 servings.

Nutrition Analysis Per Serving: Calories 310; Fat 2g; Calories from Fat 18; % Calories from Fat 6%; Saturated Fat 1g; Calories from Saturated Fat 9; % Calories from Saturated Fat 3%; Carbohydrate 75g; Cholesterol 5mg; Fiber 7g; Sodium 10mg.

Perfect Corn-on-the-Cob with Chili Lime Butter

4 tablespoons salted, trans-fat free margarine
1 teaspoon grated lime peel
1 tablespoon fresh lime juice
1 teaspoon chili seasoning
4 ears of yellow corn-on-the-cob fresh and in the husk

Combine margarine with lime peel, juice and chili seasoning. Mix until all the juice has been incorporated into the margarine. Cover and allow to stand for at least 30 minutes. Remove outer leaves of the corn husk, leaving inner leaves. Remove as much silk as possible. Rinse in cold water and place all 4 ears in plastic storage bag. Close the bag, leaving about 1 inch unsealed.

Place corn in microwave and cook on HIGH for 6 minutes. Carefully turn bag over and cook on HIGH for 4 more minutes. Remove carefully. Cool briefly, peel remaining husk and silk. Serve hot with 1 teaspoon chili lime butter for each serving. Makes 4 servings.

Nutrition Analysis Per Serving: Calories 157; Fat 5.5g; Calories from Fat 50; % Calories from Fat 28%; Saturated Fat 1g; Calories from Saturated Fat 9; % Calories from Saturated Fat 6%; Carbohydrate 27g; Cholesterol 0mg; Fiber 4g; Sodium 67mg.

